Cybex® Plate Loaded Incline Press
Owner's and Service Manual

Strength Systems

Part Number 16190-999-4 A

www.cybexinternational.com

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1 - Safety

Safety

Read the Owner's Manual carefully before assembling, servicing or using Cybex equipment.

WARNING: Serious injury could occur if these safety precautions are not observed:

User Safety Precautions

- Obtain a medical exam before beginning any exercise program.
- Stop exercising if feeling faint, dizzy or experiencing pain and consult your physician.
- Obtain instructions before using. Lisez les instructions avant l'untilisation.
- Read and understand the owner's manual and all warnings posted on the machine before using**.**
- Keep all children (12 and under) away. Teenagers (13 and over) and disabled must be supervised. Garder tous les enfants (de 12 ans et moins) éloignés. Les adolescents (de 13 ans et plus) et les handicapés doivent être surveillés.
- Use a spotter.
- Keep body and clothing free from and clear of all moving parts.
- Use the machine only for the intended use. **DO NOT** modify the machine.
- Inspect machine prior to use. **DO NOT** use if it appears damaged or inoperable.
- **DO NOT** attempt to fix a broken or jammed machine.
- Report any malfunctions, damage or repairs to the facility**.**
- Replace any warning labels if damaged, worn or illegible.

Facility Safety Precautions

- Read the Owner's Manual carefully before assembling, servicing or using this equipment.
- Securely anchor machine to the floor using the anchor holes provided in each machine.

NOTE: *Cybex is not responsible for the actual anchoring of equipment. Consult with a professional contractor.*

NOTE: *Use fasteners having a minimum of 500 lbs. tensile capacity (3/8" grade 2 bolts or better).*

NOTE: *If legs/frame does not contact surface, DO NOT pull down with anchors. Shim any leg or frame not in contact with surface using flat washers.*

- Make sure that each machine is set up and operated on a solid level surface. **Do not install equipment on an uneven surface.**
- Make sure that all users are properly trained on how to use this equipment.
- Make sure there is enough room for safe access and operation of this equipment.
- Perform regular maintenance checks on this equipment. Also pay close attention to all areas most susceptible to wear.

- Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove from service until the repair is made.

NOTE: *It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.*

Safety Guidelines And Practices

Cybex recommends that all fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the owner. The extent of control is at the discretion of the owner.

It is the responsibility of the purchaser/user of Cybex products to read and understand the owner's manual, and warning labels; as well as instruct all individuals, whether end users or supervising personnel, on proper usage of the equipment.

PROPER USAGE:

Use machine only as described in the manual. Failing to follow proper instructions may result in injury.

Do Not Lean Against or Pull On the framework, weight stack, or any component, whether machine is at rest or in use. Inappropriate or improper use may result in injury to users or third parties (bystanders).

Do not use machine if it is not located on a solid level surface or is improperly installed.

Provide an adequate safety perimeter between the machine, walls and other equipment to ensure that the facility has the proper clearance for usage and training.

SECURING EQUIPMENT:

The machine has holes in the feet, which allow for ease in anchoring to the floor. Cybex strongly recommends that, to eliminate rocking, tipping or falling over due to incorrect usage and misuse, equipment be secured to a solid, level surface.

1. The solid, level surface should not deviate more than 1/8" over a 10' distance or as defined and required by local building and architectural codes.

2. Anchoring of equipment must be completed by a qualified licensed contractor.

3. Anchoring holes are provided on the feet of the frame. All anchoring locations must be used when anchoring the equipment to the floor.

4. Due to the wide variation of flooring on which machines may be anchored or installed, verify anchoring method and anchoring fasteners with a qualified and licensed contractor.

5. A minimum pull out force of 220 lbs/100 kgs is required for each anchor position..

6. Do not use machine until it is properly anchored.

MAINTENANCE:

Preventative maintenance allows proper equipment operation and reduces the risk of injury. Perform the maintenance requirements as specified in the manual.

STANDARD COMPLIANCE:

Cybex products meet or exceed applicable ASTM and EN Standards.

Warning/Caution Decals

Warning decals indicate a potentially hazardous situation, which, if not avoided, could result in death or serious injury.

Caution decals indicate a potentially hazardous situation, which, if not avoided, could result in minor or moderate injury.

The caution and warning decals are shown on this page.

A

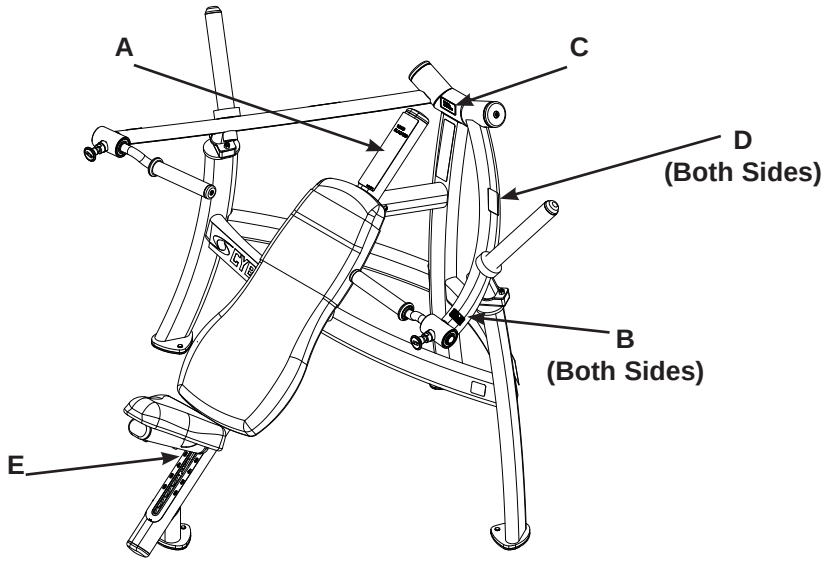
⚠WARNING

SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED

1. Obtain a medical exam before beginning any exercise program.
2. Stop exercising if feeling faint, dizzy or experiencing pain and consult your physician.
3. Obtain instructions before using. *Lisez les instructions avant l'untilisation.*
4. Read and understand the owner's manual and all warnings posted on the machine before using.
5. Keep all children (12 and under) away. Teenagers (13 and over) and disabled must be supervised. Garder tous les enfants (de 12 ans et moins) éloignés. Les adolescents (de 13 ans et plus) et les handicapés doivent être surveillés.
6. Use a spotter.
7. Keep body and clothing free from and clear of all moving parts.
8. Use the machine only for the intended use. DO NOT modify the machine.
9. Inspect machine prior to use. DO NOT use if it appears damaged or inoperable.
10. DO NOT attempt to fix a broken or jammed machine.
11. Report any malfunctions, damage or repairs to the facility.
12. Replace any warning labels if damaged, worn or illegible.

5220-364-4 A

Incline Press - 16190



DESCRIPTION	PART NO.
A. Warning Decal	5220-364-4
B. Caution Decal	8500-025-4
C. Caution Decal	4000Y316-4
D. Warning Decal	5220-337-4
E. Caution Decal	4520-362-4

B

⚠CAUTION

Failure to correctly adjust could result in personal injury.

Always fully engage the detent pin before use to avoid injury.

8500-025-4 A

C

⚠CAUTION

Personal injury may occur.

Keep away from moving parts to avoid injury.

4000Y316-4 A

E

⚠CAUTION

Seat may fall if improperly engaged.

Verify seat is secure before exercising to avoid injury.

4520-362-4 A

D

⚠WARNING

Machine may tip if unevenly loaded.

Load and unload weight plates evenly to avoid injury.

5220-337-4 A

Regular Maintenance Activities

Preventative maintenance activities must be performed to maintain normal operation of this equipment. Keeping a log sheet of all maintenance actions will assist you in staying current with all preventative maintenance activities.

WARNING: Equipment found to have worn or damaged components must be removed from service until repair(s) is made. Failure to do so could result in injury.

Daily

1. Clean upholstery.

Weekly

1. Inspect all nuts and bolts for looseness. Tighten as required.

2. Check for worn handles, and worn warning labeling. Replace all worn parts immediately.

2 - Exercise

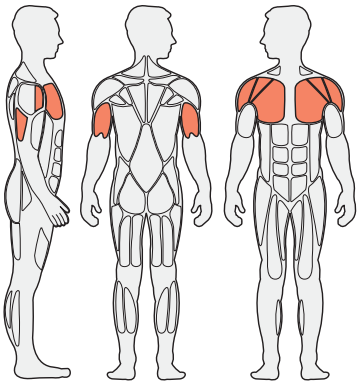
Intended Use

The intended use of this equipment is to aid or improve general physical fitness and exercise. For Comercial use.

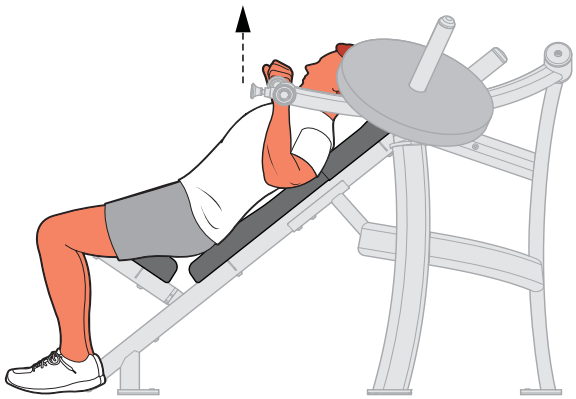
Instructions

Read and understand all instructions and warnings prior to using this machine. See Chapter 1, Safety in Owner's Manual or consult with floor staff.

MUSCLES USED



Pectoralis Major, Anterior Deltoid, Triceps



NOTE: *Motions Developed: Shoulder Flexion, Elbow Extension*

NOTE: *Refer to next page for set up and movement*

Set Up

1. Load evenly with appropriate resistance..

2. Adjust seat height so that handles are at mid-chest.

3. Adjust handles to desired position.

Movement

1. Push handles upward until arms are fully straightened.

3 - Customer Service

Contacting Service

Hours of phone service are Monday through Friday from 8:30 to 6:00 p.m Eastern Standard Time.

For Cybex customers living in the USA, contact Cybex Customer Service at **888-462-9239.**

For Cybex customers living outside the USA, contact Cybex Customer Service at **508-533-4300 or fax 508-533-5183.**

Find information on the web at www.cybexintl.com or e-mail at techhelp@cybexintl.com.

Ordering Parts

Fax orders to **508-533-5183**. To speak with a customer service representative, call **888-462-9239** (for customers living within the USA) or **508-533-4300** (for customers outside the USA). You may also contact us through e-mail at techhelp@cybexintl.com

Having the following information ready when calling will assist our Cybex representatives in serving you.

- **Unit Serial Number**
- **Product Name**

The unit serial number and product name can be found on the serial number decal. See Chapter 6 for exact location of serial number decal.

- **Part Description**
- **Part Number**

Part descriptions and part numbers are located in Chapter 6 of this manual.

- **Shipping Address**
- **Contact Name**

In addition to your shipping address and contact name, your account number is helpful but not required.

Return Material Authorization (RMA)

The Return Material Authorization (RMA) system outlines the procedures to follow when returning material for placement, repair or credit. The system assures that returned materials are properly handled and analyzed. Follow the following procedures carefully.

Contact your authorized Cybex dealer on all warranty-related matters. Your local Cybex dealer will request a RMA from Cybex, if applicable. Under no circumstances will defective parts or equipment be accepted by Cybex without proper RMA and an Automated Return Service (ARS) label.

1. Call the Customer Service Hot Line listed above for the return of any item that is defective.
2. Provide the technician with a detailed description of the problem you are having or the defect in the item you wish to return.
3. Provide the model and serial number of your Cybex equipment.
4. At Cybex's discretion, the technician may request that you return the problem part(s) to Cybex for evaluation and repair or replacement. The technician will assign you a RMA number and will send you an ARS label. The ARS label and the RMA numbers must be clearly displayed on the outside of the package that contains the item(s) to be returned. Include the description of the problem, the serial number of the equipment and the name and address of the owner in the package along with the part(s).
5. Forward the package through UPS to Cybex.

Attn: Customer Service Department
Cybex International, Inc.
1975 24th Ave SW
Owatonna, MN 55060

NOTE: *Merchandise returned without an RMA number on the outside of the package or shipments sent COD will not be accepted by the Cybex receiving department.*

Damaged Parts

Materials damaged in shipment should not be returned for credit. Shipping damages are the responsibility of the carrier (UPS, Federal Express, trucking companies, etc.)

Apparent Damage - Upon receipt of your shipment, check all items carefully. Any damage seen with a visual check must be noted on the freight bill and signed by the carrier's agent. Failure to do so will result in the carriers refusal to honor your damage claim. The carrier will provide you with the required forms for filing such claims.

Concealed Damage - Damage not seen with a visual check upon receipt of a shipment but notices later must be reported to the carrier as soon as possible. Upon discovery of the damage, a written or phone request to the carrier asking them to perform an inspection of the materials must be made within ten days of the delivery date. Keep all shipping containers and packing materials as they will be needed in the inspection process. The carrier will provide you with an inspection report and the necessary forms for filing a concealed damage claim. Concealed damage claim is the carrier's responsibility.

4 - Assembly

Tools Required

- Rubber mallet
- Flat head screwdriver

NOTE: *It is the responsibility of the facility owner/owner of the equipment to ensure that there is appropriate clearance around each machine to allow for safe use and passage.*

NOTE: *Refer to chapter 6 for reference diagrams.*

1. **Read and understand all instructions thoroughly before starting any of the procedures listed on this instruction sheet.**
2. **Verify you have received the appropriate configuration.**
   - **A.** Verify that you received the correct color machine that you ordered.
   - **B.** Verify you received the appropriate owner's manual.
   - **C.** Verify you received the warranty sheet.
3. **Move to desired location.**
   - **A.** Note the diminsions of the machine:
     Machine Weight: 295 lbs. Size: 59 W x 55" L x 44" H
     Machine Weight 134 kg. Size: 150 cm W x 140 cm L x 112 cm H
   - **B.** Carefully remove shrink wrap securing rubber feet.
4. **Remove foot glides.**

NOTE: *Plastic shipping foot glides are used on Cybex Strength Systems machines to protect the bottom of machines during transportation. These foot glides must be removed before a machine is first placed in service as the shipping foot glides may cause the machine to be unstable.*

WARNING: Failure to remove shipping foot glides before placing a machine in service may cause the machine to be unstable, therefore, creating potential for personal injury or product damage.

NOTE: *Failure to remove shipping foot glides before placing a machine in service may void warranty on the frames.*

NOTE: *Be careful not to damage frame (such as chipping the paint) when removing foot glides.*

NOTE: *The foot of the machine will need to be raised slightly off the floor in order to remove foot glide. Do not install weight stack (if applicable) until after removing foot glides.*

1. Using a rubber mallet, carefully strike foot glide.

2. With a flat blade screwdriver, carefully pry off foot glide.

3. Carefully place rubber feet (supplied with machine) on each foot of the frame.

5. Anchor machine to floor.

A. Securely anchor machine to the floor using the anchor holes provided in each machine.

NOTE: *Cybex is not responsible for the actual anchoring of equipment. Consult with a professional contractor.*

NOTE: *Use fasteners having a minimum of 500 lbs. tensile capacity (3/8" grade 2 bolts or better).*

NOTE: *If legs/frame does not contact surface, DO NOT pull down with anchors. Shim any leg or frame not in contact with surface using flat washers.*

6. Verify proper operation.

5 - Maintenance

All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all Cybex Strength Systems equipment.

NOTE: *Cybex is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting/recording. Cybex phone representatives are available to answer any questions or concerns that you may have.*

Daily Procedures

1. **Upholstery** - Wipe down all upholstery.

2. **Frames** - Wipe down all frames using a mild solution of warm water and car wash soap. Be sure to dry thoroughly. ***AVOID*** acid or chlorine based cleaners and also cleaners containing abrasives as these could scratch or damage the equipment.

3. **Chrome** - Clean chrome tubes, first using chrome polish and then using a car wax seal. Neutral cleaners with a pH between 5.5 and 8.5 are recommended. Be sure to dry thoroughly. AVOID acid or chlorine based cleaners and also cleaners containing abrasives as these could scratch or damage the equipment.

Weekly Procedures

1. Inspect all nuts and bolts for looseness. Tighten as required

2. Inspect all labeling for readability. This includes instructional placards, warning and caution decals. Replace all worn labeling immediately.

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6 - Service

Please refer to the next page for parts lists and exploded-view diagrams

⚠ CAUTION

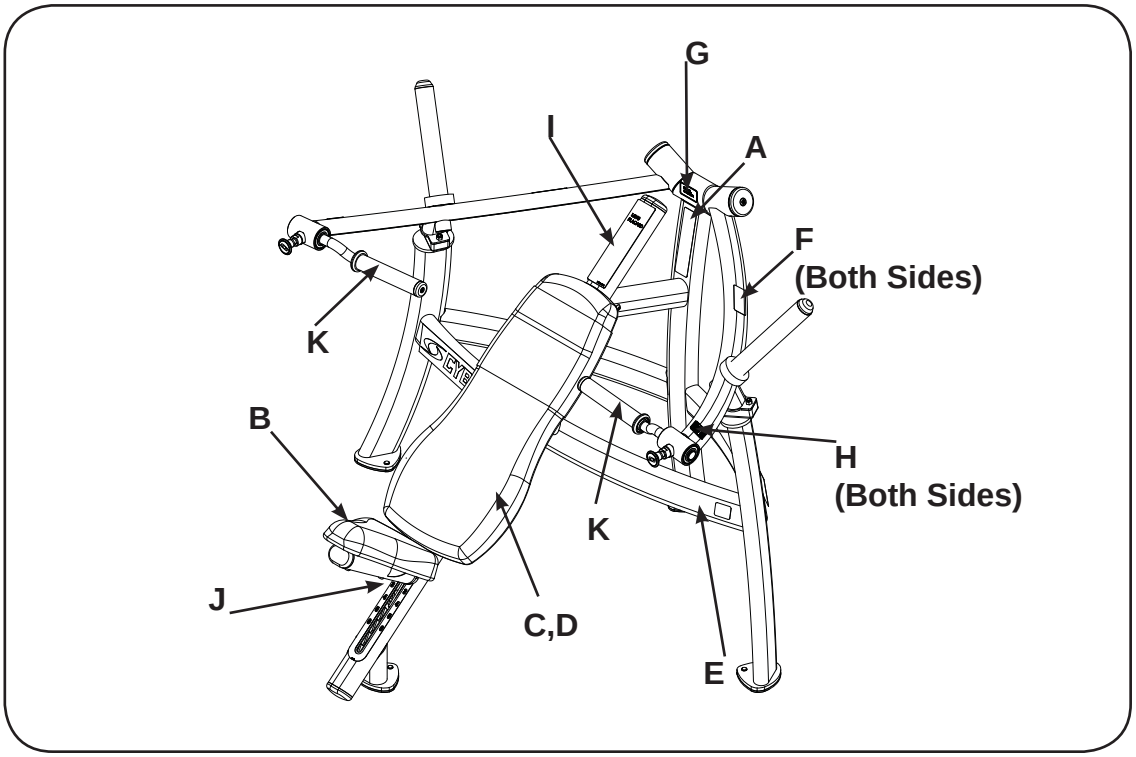
Use only Cybex replacement parts when servicing. Failure to do so could result in personal injury.

NOTE: *All inspections and repairs must be performed by trained service personnel only.*

Cybex will void warranty if non-Cybex replacement parts are used.

Plate Loaded Incline Press

PRODUCT NO. 16190



	DESCRIPTION	PART NO.
A.	Warning Decal.....	5220-364-X
B.	Seat Pad.....	4800-168
C.	Back Pad W/Wear Cover...	4800-180
D.	Wear Cover.....	4800-183
E.	Serial Decal	

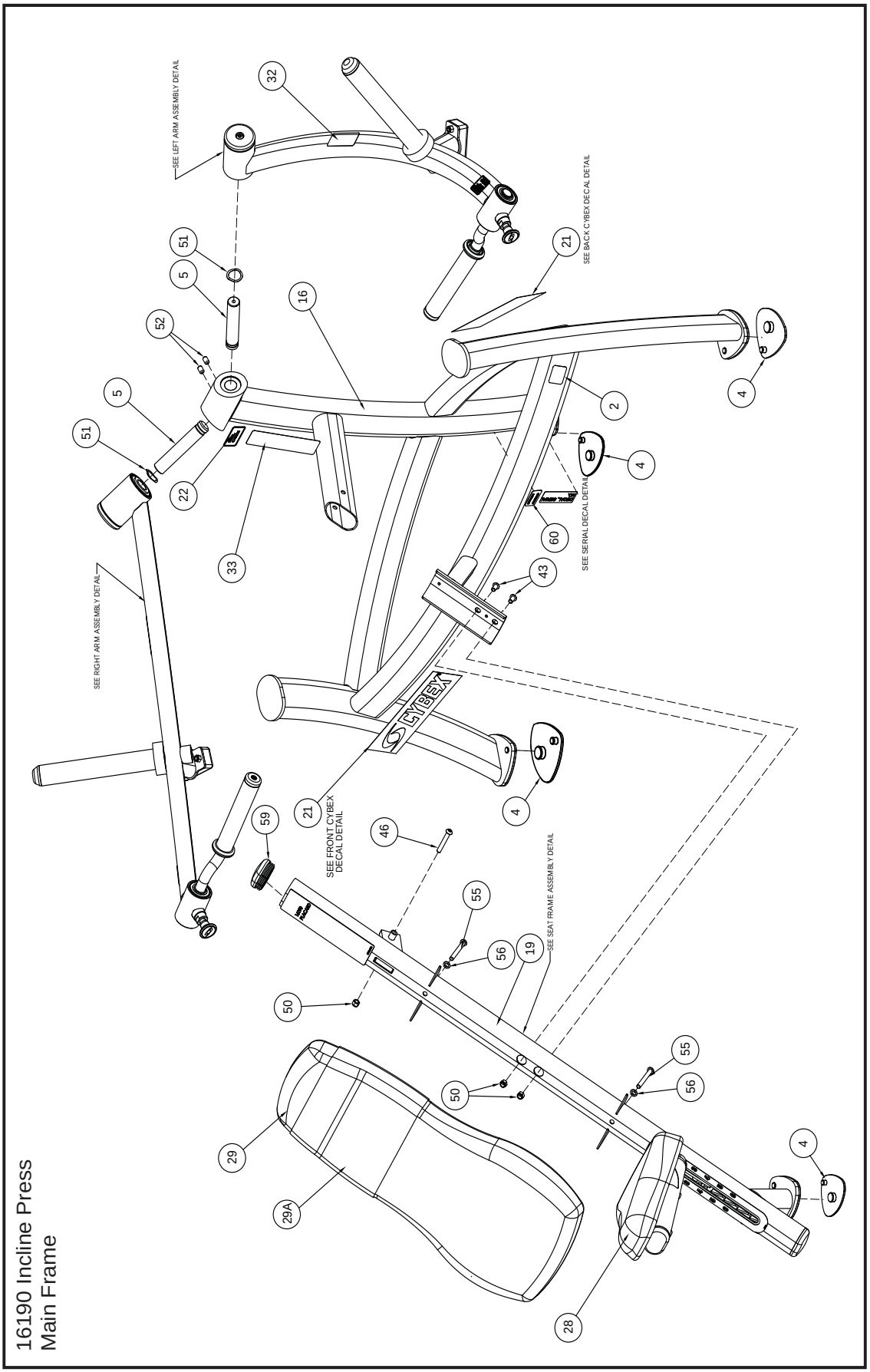
	DESCRIPTION	PART NO.
F.	Caution Decal.....	5220-337-X
G.	Caution Decal.....	4000Y316-X
H.	Caution Decal.....	8500-025-X
I.	Placard.....	16080-598-X
J.	Caution Decal.....	4520-362-X
K.	Grips.....	16080-341

ITEM	QTY	PART NO.	DESCRIPTION
1	2	11040-440	KNOB
2	1	11040-790	DECAL, MADE IN U.S.A.
3	2	12000-369	RING, HANDLE GRIP
4	4	16010-311	FOOT PAD
5	2	16070-323	PIN, PIVOT
6	1	16080-206	W/HANDLE LH
7	1	16080-207	W/ HANDLE RH
8	1	16080-210	W/ SEAT
9	2	16080-312	DETENT PIN
10	2	16080-341	GRIP, LARGE 8.00 (16080)
11	1	16080-365	SPACER
12	2	16080-366	ROLLER
13	1	16080-371	DECAL, ADJUSTABLE SEAT
14	1	16080-373	HOLE CAP
15	2	16080-374	RETAINER
16	1	16190-200	W/FRAME
17	1	16190-201	W/ARM (LH)
18	1	16190-202	W/ARM RH
19	1	16190-203	W/CUSHION TUBE
20	1	16190-598-X	PLACARD
21	2	3900-434	DECAL, CYBEX
22	1	4000Y316-X	DECAL, CAUTION
23	2	425A-445	END CAP
24	1	4520-212	W/ SEAT ROLLER
25	1	4520-213	W/ BRACKET
26	1	4520-362-X	DECAL, SEAT CAUTION
27	2	4715-346	COMPRESSION SPRING .72 x 1.50
28	1	4800-168	CUSHION SA BIKE SEAT 12”
29	1	4800-180	CONTOURED CUSHION SA 32”
29A	1	4800-183	WEAR COVER
30	1	51198	WARRANTY BOOK (NOT SHOWN)

ITEM	QTY	PART NO.	DESCRIPTION
31	2	5220-305	2.00 X 4.00 BUMPER
32	2	5220-337-X	DECAL, WARNING
33	1	5220-364-X	DECAL, WARNING
34	2	5220-367	SPACER, PLASTIC
35	2	5490P005	P/WEIGHT TUBE 12.00
36	2	610A-350	END CAP
37	2	8500-025-X	DECAL, CAUTION
38	4	BR030223	EXTERNAL RETAINING RING, 25 MM
39	4	FB030247	BEARING, RADIAL 25MM EXTENDED RACE
40	4	FB030253	BEARING, RADIAL 30 MM EXTENDED RACE
41	4	FC030003	TOLERANCE RING
42	4	FC030007	TOLERANCE RING 2.047 ID
43	2	HC700415	BHSCS .375-16 X .75
44	2	HC700416	BHSCS .375-16 X .875
45	4	HC700417	BHSCS .375-16 X 1.00
46	1	HC700430	BHSCS .375-16 X 2.50
47	2	HC702817	SHCS .375-16 X 1.00
48	2	HF449064	INSERT 1.12 X .250-20 UNC
49	1	HM580410	BHSCS .190 10-32 X .375
50	7	HN704901	LOCKNUT, .375-16 NYLON
51	2	HS477101	WASHER, SPRG 1.201 1.543 .125 T
52	2	HY740000	SET SCREW
53	2	JC620422	BHSCS .250-20 x 1.50
54	2	JC700412	BHSCS .375-16 X .50
55	4	JC700436	BHSCS .375-16 X 3.25
56	4	JS347400	LOCKWASHER, INT TOOTH .375
57	2	PN660200	INSERT, PLASTIC 1.00 DIA-11 GA
58	2	PP130006	INSERT, PLASTIC END
59	3	PP130007	INSERT, DOMED PLASTIC
60	1	CM000248	DECAL, WEIGHT CAPACITY

*__Language Key__

1-German , 2-French, 3-Spanish, 4-English, 6-Japanese, 7- Swedish, 8- Russian


16190 Incline Press
Main Frame
SEE LEFT ARM ASSEMBLY DETAIL
SEE RIGHT ARM ASSEMBLY DETAIL
SEE BACK CYBEX DECAL DETAIL
SEE SERIAL DECAL DETAIL
SEE FRONT CYBEX DECAL DETAIL
SEE SEAT FRAME ASSEMBLY DETAIL
CYBEX
32
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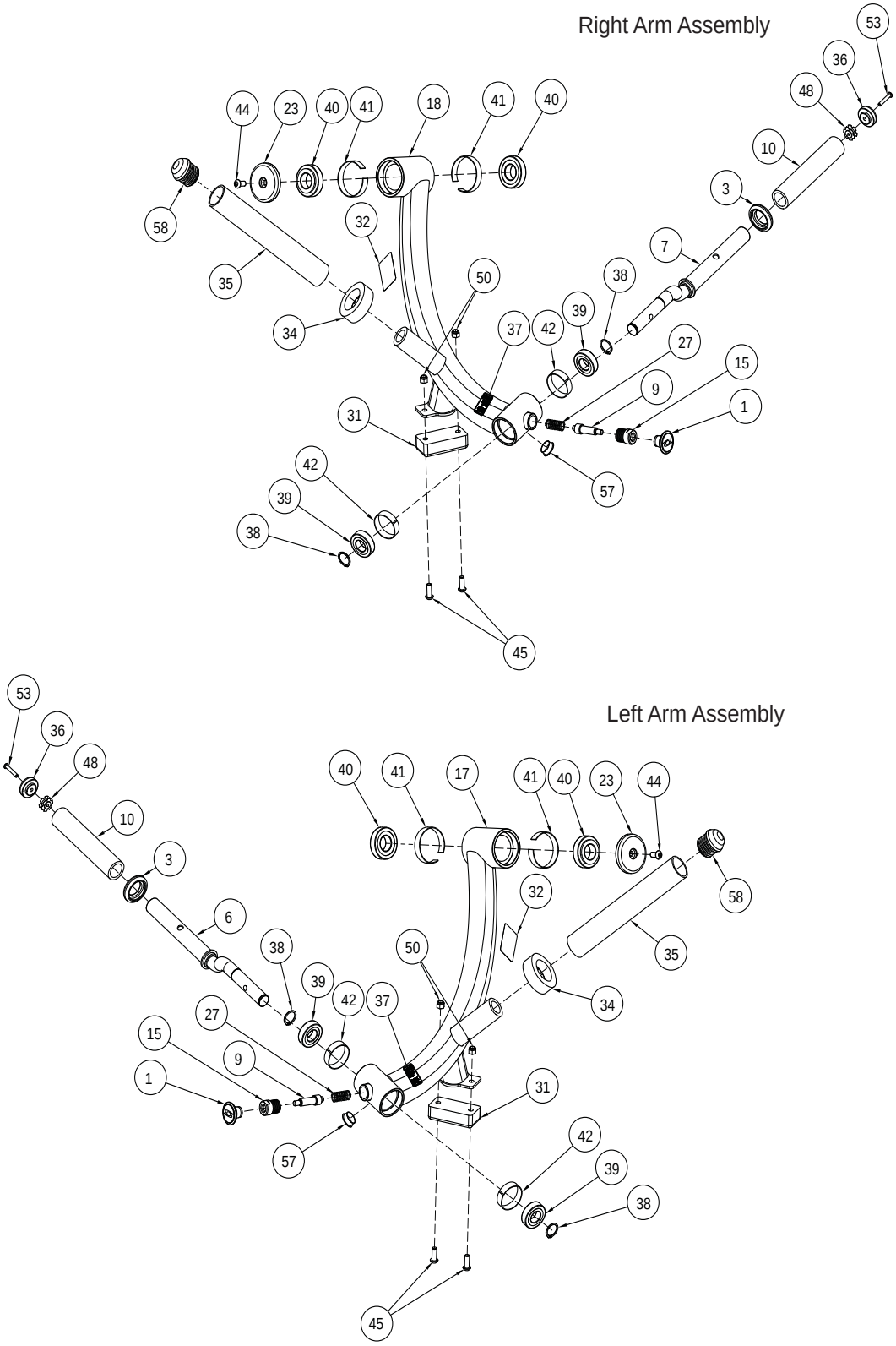
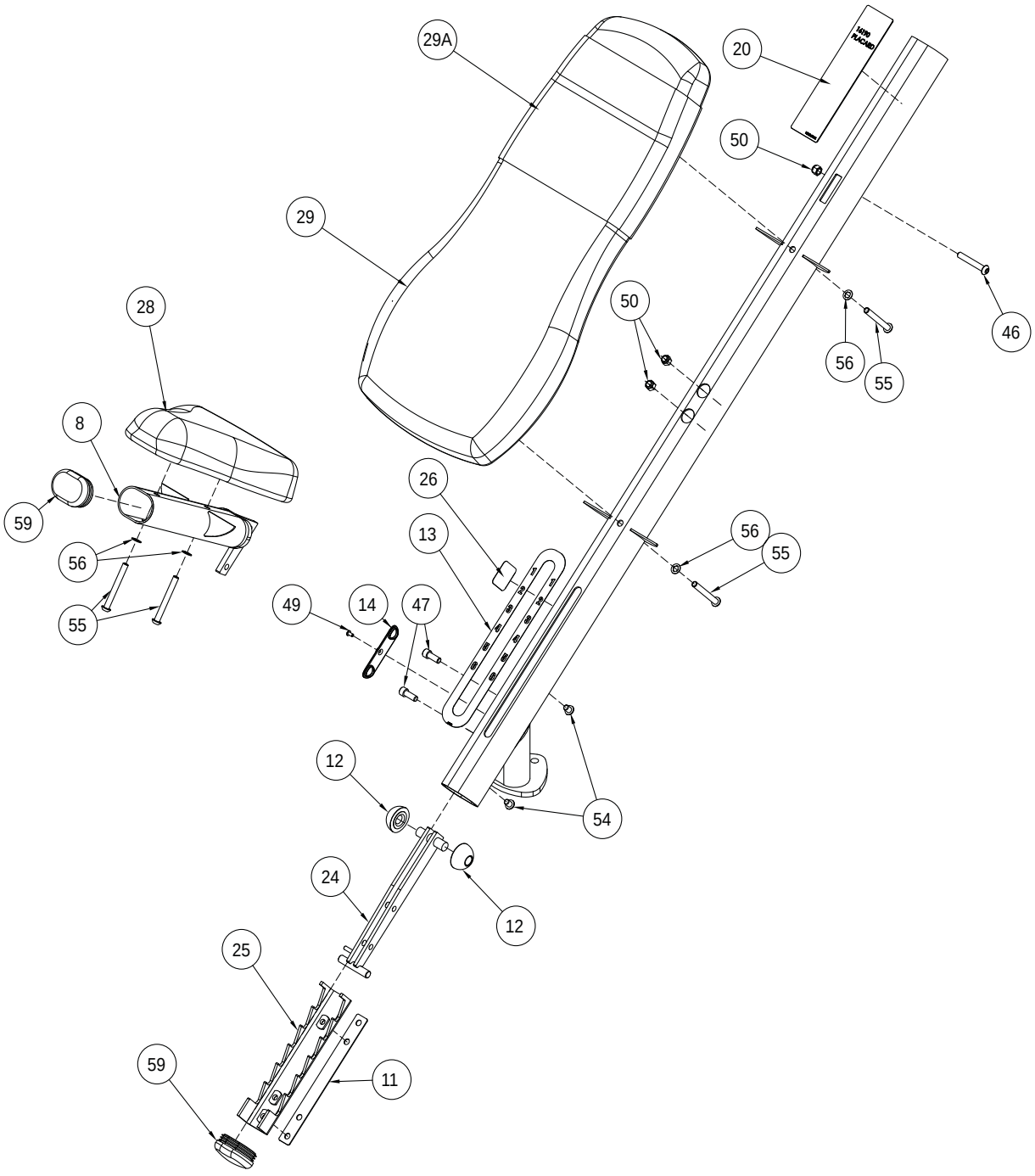
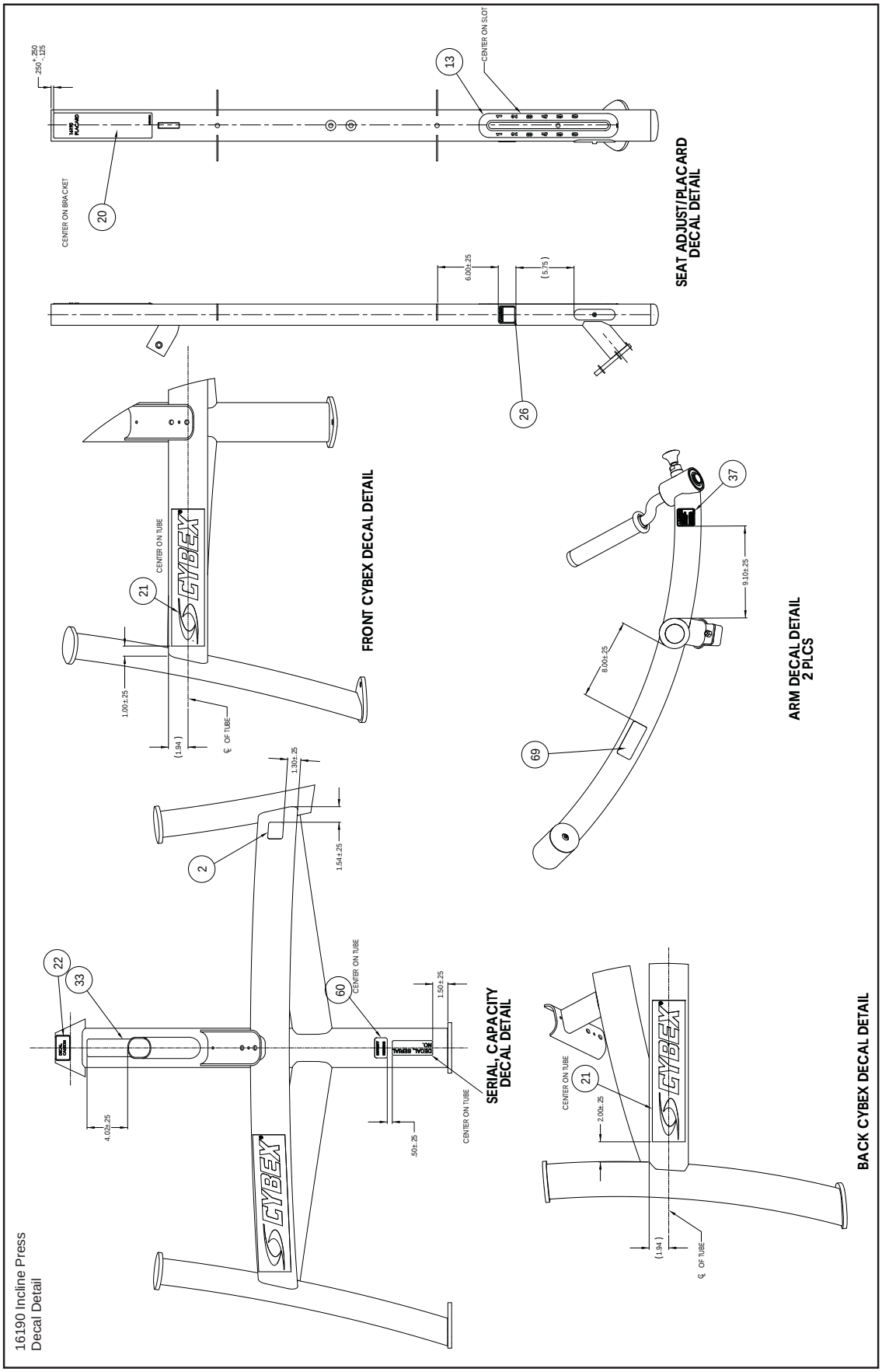
16190 Incline Press
Arm Assembly



16190 Incline Press
Seat Assembly




16190 Incline Press
Decal Detail
SEAT ADJUST/PLACARD
DECAL DETAIL
FRONT CYBEX DECAL DETAIL
ARM DECAL DETAIL
2 PLCS
SERIAL, CAPACITY
DECAL DETAIL
BACK CYBEX DECAL DETAIL
CENTER ON BRACKET
CENTER ON SLOT
CENTER ON TUBE
℄ OF TUBE
CYBEX

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